

# What support is available?

## Meeting Centres: Helping you to support people and families directly affected by dementia

The Association for Dementia Studies at the University of Worcester has been awarded a National Lottery grant from the Big Lottery Fund to continue providing support to people who want to establish their own Meeting Centres. The funding will run until the end of February 2023.

The funding will enable us to build on the previous work of the UK Meeting Centre Support Programme so that Meeting Centres can form a backbone of community-based active support to people and families across the country. By working together with early adopters in their communities and with national influencers, the project will sustain the national visibility, momentum and traction to bring future generations of Meeting Centres on board.

### What is a Meeting Centre?

A Meeting Centre is essentially a local club for people living with mild and moderate dementia and their families. It offers a warm and friendly programme of activities and expert support that helps people to cope well in adjusting to living with the symptoms and changes that dementia brings.

A separate flyer provides more information about Meeting Centres.

### What support is provided as part of the project?

- One-to-one consultation to look at the opportunities in your area
- Information sessions to find out more about Meeting Centres and how to set one up
- Support to organise community meetings to find out what interest and opportunities there are
- Access to a range of resources
- Access to a Community of Learning and Practice where ideas and advice can be shared. This includes:
  - Regular online meetings with others at various stages of establishing a Meeting Centre
  - An online forum to pose questions and share resources
- Linking you with similar initiatives and arranging visits to existing Meeting Centres
- A five-week online training course to explore the elements that make up a Meeting Centre including:
  - The Meeting Centre ethos
  - The essential features of a Meeting Centre
  - The Adjusting to Change model
  - The physical, social and psychological effect of movement

### Find out more about Meeting Centres

- Please contact Meeting Centres UK at [meetingcentres@worc.ac.uk](mailto:meetingcentres@worc.ac.uk)
- Follow us on Twitter [@MeetingCentres](https://twitter.com/MeetingCentres)
- For further information and resources, please visit <https://www.worcester.ac.uk/discover/uk-meeting-centres-support-programme.html>